Nutrition Tips for Anyone with Lung Disease

• Rest just before eating.
• Eat slowly; take smaller bites of food.
• Sit upright while eating.
• Take a break in between bites and practice deep breathing exercises.
• Eat more food early in the morning if you’re usually too tired to eat later in the day.
• Avoid foods that cause gas or bloating. They tend to make breathing more difficult.
  • Some examples of foods that may cause gas include: beans, lentils, cabbage, broccoli, cauliflower, bok choy, brussel sprouts, bran, dairy products containing lactose, fructose (found in some fruits and used as a sweetener in certain products), sorbitol (a sugar substitute), and carbonated beverages
• Eat 4 to 6 small meals a day. This enables your diaphragm to move freely and lets your lungs fill with air and empty out more easily.
• If drinking liquids with meals makes you feel too full to eat, limit liquids with meals or drink after meals.
• Consider adding a nutritional supplement at nighttime to avoid feeling full during the day.

Discuss with your healthcare provider your concerns and challenges in eating enough calories. Topics to address may include:
• How many daily calories you need to maintain a healthy body weight
• Any concerns about your current weight
• Current challenges preparing and cooking your meals
• If you experience difficulty breathing or discomfort while eating
• Any other special dietary needs

To make foods easier to chew:
• Cook vegetables until they are soft.
• Cook foods in liquid such as broth, water or juice until soft.
• Mince or grind meats.
• Dip breads in liquid.
• Eat pasta, mashed potatoes, thick soups, creamed soups, and casseroles.
• Try fruit smoothies or milk shakes (there are non-dairy options).

For more information, contact
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